



UCOOK

Waterkloof's Pomegranate & Roast Veg

with Danish-style feta

Roasted veggies get a taste bud upgrade with a dressing made to impress. Pomegranate juice, balsamic reduction, lemon juice & zest with olive oil combine to make this dish shine once drizzled over the bed of green leaves, roasted veggie salad, and creamy feta. You have a new 'best kept secret' sauce, Chef!


Hands-on Time: 30 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Waterkloof Wine Farm

 Veggie

 Waterkloof | False Bay Cinsault / Mourvèdre
Rosé

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Ingredients & Prep

250g	Sweet Potato Chunks <i>rinsed & cut into bite-sized pieces</i>
1	Onion <i>½ peeled & cut into wedges</i>
120g	Baby Carrots <i>rinsed, halved & stems removed</i>
200g	Beetroot <i>rinsed, trimmed, peeled (optional) & cut into bite-sized pieces</i>
15ml	Pomegranate Dressing <i>(10ml Pomegranate Juice & 5ml Balsamic Reduction)</i>
1	Lemon <i>½ zested & cut into wedges</i>
10g	Dried Pomegranate Gems
3g	Fresh Mint <i>rinsed, picked & roughly chopped</i>
30g	Danish-style Feta <i>drained</i>
20g	Green Leaves <i>rinsed</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water

1. VEGGIE MEDLEY Preheat the oven to 200°C. Spread the sweet potato pieces, the onion wedges, and the halved baby carrots on a roasting tray. Coat in oil and season. Place the beetroot pieces on a separate roasting tray, coat in oil and season. Pop both trays into the hot oven until golden, 25-30 minutes (shifting halfway).

2. DELICIOUS POMEGRANATE DRESSING In a salad bowl, combine the pomegranate dressing, a drizzle of olive oil, the juice from 1 lemon wedge, the lemon zest (to taste), and seasoning. Set aside.

3. ALMOST THERE When the roast is done, add the veg to a bowl with the dried pomegranate gems and ½ the chopped mint. Crumble over ½ the feta and toss to combine.

4. PAT YOURSELF ON THE BACK Make a bed of the rinsed leaves and top with the roasted veg salad. Drizzle over the pomegranate dressing. Crumble over the remaining feta and garnish with the remaining mint. Serve any remaining lemon wedges on the side.



Chef's Tip

Air fryer method: Coat the beetroot pieces, halved baby carrots, sweet potato pieces and onion wedges in oil and season. Air fry at 200°C until cooked through, 15-20 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	291kj
Energy	73kcal
Protein	2g
Carbs	11g
of which sugars	4.6g
Fibre	2.5g
Fat	1.3g
of which saturated	0.8g
Sodium	93mg

Allergens

Dairy, Allium, Sulphites

Cook
within
4 Days